

INDOOR LIFE MAKES FAT

NOTE.—It is a fact worthy of note that the American food-drink—Instant Postum—has come widely into popular use and favor with the recognition of the harmfulness of coffee. Postum has a flavor resembling Old Java, but is entirely free from caffeine or any other harmful ingredient.—Adv.

The poignant impression that I derived from the whole proceedings was the everlasting effort on the part of these prisoners to honestly arrive at a fair decision for both sides—to sub-

"If the Executive Board has the power to dismiss this clerk over the judiciary which has the right to appoint its own clerks, this would be tantamount to reject any one without due process of law, and we would get a condition of 'boss rule,' which must be eliminated at all cost if the Mutual Welfare League is to be the democratic organization we are aiming at."

"The Executive Board should have no such power. The President may appoint a Justice to the Supreme Court of the United States, but he cannot remove him without just cause in impeachment proceedings."

VICTS.
In the evening there was "night

price of a dollar per day, the wage that is paid, if a man purchases every item of living expense, he

People who are confined within dangerous and who are deprived of fresh air, are liable to become ill. They will experience, too, take precautions to guard against contamination as far as possible. They will also be liable to suffer from danger to the vital organs of the body. A lack of exercise in the fresh air weakens the body and makes it more liable to catch cold. It is unable to produce strong muscles and vitality, and the formation of unhealthy blood.

If you are 15 or 20 pounds above normal weight, you are still showing on your face the effects of being confined. You are not so vital by carrying this excess burden. Any person who is satisfied in their condition of mind and body, and who is not a good druggist and get a box of all of the best capsules, and take one after each meal, and you will be able to lose weight.

When a few days' treatment should show you a noticeable reduction in weight, digestion, and the skin will be clear, and the body will become lighter and the skin less flabby in appearance.

Exercise is indispensable, cannot injure, helps the digestion, and is designed to increase the oxygen-carrying power of the blood.

Tray Covers, - - - -	21c to 95c
Napkin Pouches, - - - -	50c to \$1.00
Center Pieces, - - - -	\$1.50 to 2.95
Tea Cloths, - - - -	\$4.75 to 8.75
Dresser and Buffet Scarfs, - -	\$2.25 to 3.50
Tea Napkins (emb'd corners) doz.	\$4.95 to 8.75
Luncheon Sets, (13 pieces) - -	\$2.95 to 4.75
Towels, (guests' size) - - -	95c to 1.50
Luncheon Cloths, - - - -	\$9.00 to 15.00
Dinner & Reception Cloths, - -	22.50 to 33.00

Members of the Executive Board and the judiciary were present to discuss the judicial panel plan in question, and many an attorney from Brooklyn Bridge might well have profited could he have heard these arguments.

It was a conceivable angle was thoroughly thrashed out in the most direct, courteous and unimpassioned manner. Many times the wisdom of the plan was being having heard one excellent argument on a point, another immediately came forward to meet it, so that the result was a discussion of a very fine question of reason.

When it seemed that the judiciary would likely be upheld one man made a statement which was not then present at the decision of the judiciary and therefore it was a "starchamber" decision. Mr. K— was not allowed to read his statement stated that while he was not summoned to the judiciary court proceedings he believed that he was not a "Writ" but that he was a "constitutional question as to whether he was entitled to represent his company before he drew his pay, and at the same time working for it" and to another company, and said he would waive his rights, and asked

rights, even if Mr. R— waived those rights, the supreme court would refer the matter back to the judiciary. This was immediately done, the su-

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